

# Caribbean Black Bean Nachos

with Baked Tortilla Chips & Pineapple Salsa



Sweet Potato



Pineapple Slices



Brown Onion



Cucumber



Lime



Mild Caribbean Jerk Seasoning



Vegetable Stock Pot



Shredded Cheddar Cheese



Mini Flour Tortillas



Garlic



Carrot



Tomato



Black Beans



Tomato Paste



Light Sour Cream



Beef Mince

Beef Mince

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

It's nachos, but not as you know it! Load up oven-baked tortilla chips with a Caribbean-spiced black bean filling and a sweet and tangy salsa for a fun spin on an old favourite.

**Pantry items**  
Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
mini flour tortillas	6	12
pineapple slices	1 tin	2 tins
garlic	2 cloves	4 cloves
brown onion	1	2
carrot	1	2
cucumber	1	2
tomato	1	2
lime	½	1
black beans	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
light sour cream shredded	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4006kJ (957Cal)	463kJ (110Cal)
Protein (g)	30.5g	3.5g
Fat, total (g)	38.6g	4.5g
- saturated (g)	17.3g	2g
Carbohydrate (g)	107.8g	12.4g
- sugars (g)	42.9g	5g
Sodium (mg)	2384mg	275mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4893kJ (1169Cal)	494kJ (118Cal)
Protein (g)	58.5g	5.9g
Fat, total (g)	49.7g	5g
- saturated (g)	22.1g	2.2g
Carbohydrate (g)	107.8g	10.9g
- sugars (g)	42.9g	4.3g
Sodium (mg)	2469mg	249mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Bake the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the black beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot**, stirring, until softened, **3-4 minutes**. Add the **black beans, garlic** and **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**. Stir through the **tomato paste, butter**, the **water** and **vegetable stock pot**. Simmer until thickened, **1-2 minutes**. Stir in the **roasted sweet potato**.

### CUSTOM RECIPE

Before cooking the veggies, add the beef mince to the pan and cook, breaking up with a spoon, until just browned, 3-4 minutes. Continue with the step.



## Bake the tortilla chips

While the sweet potato is roasting, slice the **mini flour tortillas** into wedges. Place in a single layer on a second lined oven tray (don't worry if they overlap slightly). Drizzle or spray generously with **olive oil** and season. Bake until lightly golden, **8-10 minutes**.



## Make the salsa

While the beans are cooking, finely chop the charred **pineapple**. In a small bowl, combine the **pineapple, cucumber, tomato**, a generous squeeze of **lime juice** and a drizzle of **olive oil**. Season to taste.



## Get prepped

While the tortilla chips are baking, drain the **pineapple slices**. Heat a large frying pan over a high heat. Cook the **pineapple**, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a bowl. Finely chop the **garlic** and **brown onion**. Grate the **carrot**. Finely chop the **cucumber** and **tomato**. Cut the **lime** into wedges. Drain and rinse the **black beans**.

### CUSTOM RECIPE

If you've added beef mince, use only 1/2 the beans in the above step.



## Serve up

Divide the Caribbean black beans and baked tortilla chips between plates. Top the beans with the pineapple salsa, a dollop of **light sour cream** and the **shredded Cheddar cheese**. Serve with any remaining lime wedges.

## Enjoy!

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